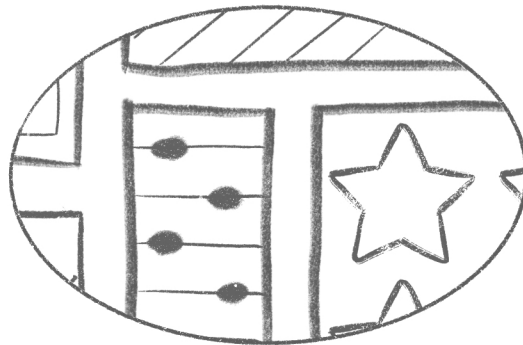


WINDOWS OF WONDER

Those of you that came to Septembers Creative Vision day will be familiar with Windows of Wonder. The idea came from me looking outside of my caravan window and watching all the wonderful things everyone was doing and feeling a little envious until I realised two things; if I saw things I wanted then I needed to do something about it and secondly, I was ok, I had good things.

Do you ever feel like this at Christmas when you walk past people's houses and see presents and decorations and people who look happy? We can't really tell how people are just by looking through their window. (And also this is a bit dodgy!) But we can take charge of our own celebrations and plans.

So this month have a 'wonder' about your own Christmas plans. Are you doing what you think you should do or what you want to? Are you trying to live up to others expectations or are you setting your own?



Share the joy

This product is intended to be used by the subscriber only. If this isn't you, please support my small business and sign up to get your own copy.

Thank you so much for your interest.

<https://tinyurl.com/ycym9msv>

CREATIVE THERAPY

Well-being Worksheets

Two pages to doodle or colour while you 'wonder' about your own Christmas season. What do you love, wish for or dislike? Can you make some changes or new traditions that serve you better.

Creative Release

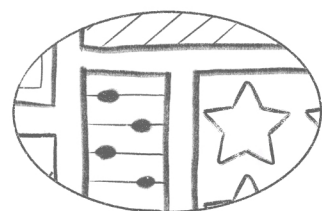
These are additional creative ideas for you to do with your own resources. They're the sort of exercises you may do with me in creative therapy sessions. It's about the process of being creative and not the end product. The aim is to help you process your thoughts, let your subconscious out and release feelings.

1. Write down 5 words that describe what Christmas means to you
2. With these words in your subconscious take a pencil and doodle freely on a different piece of paper. When you think you have finished (trust your instinct) look at the doodle and see if any image(s) appears within the doodle.
3. Now take some time to bring that image to life, outline it, colour it in, whatever you feel inspired to do.

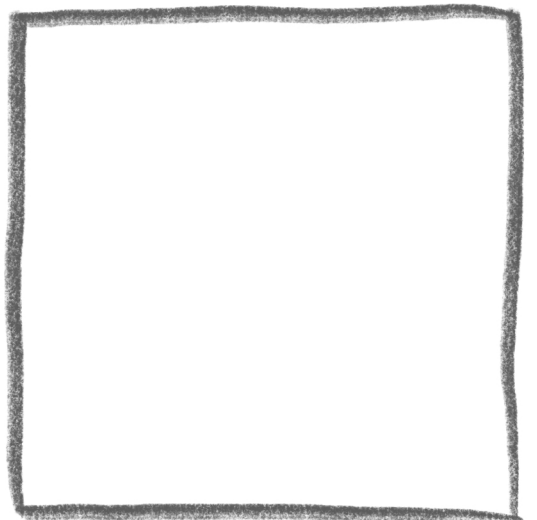
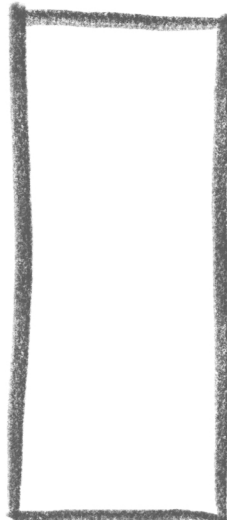
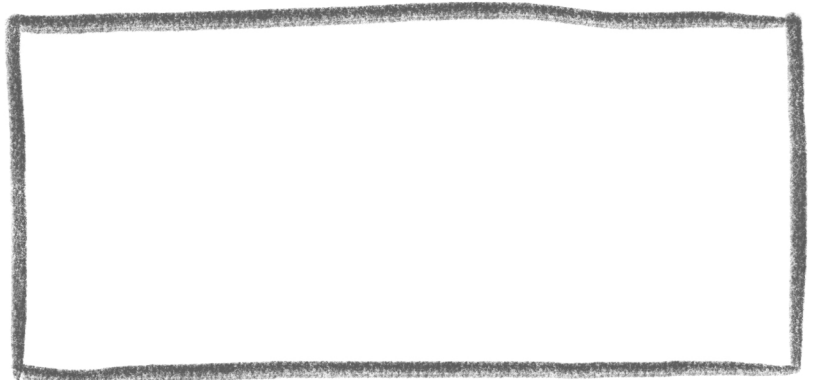
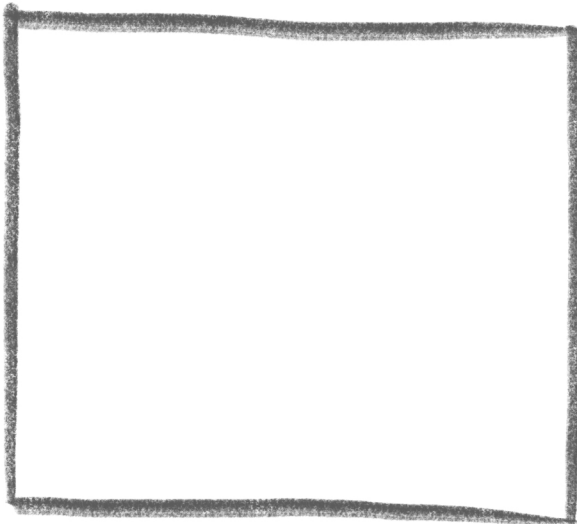
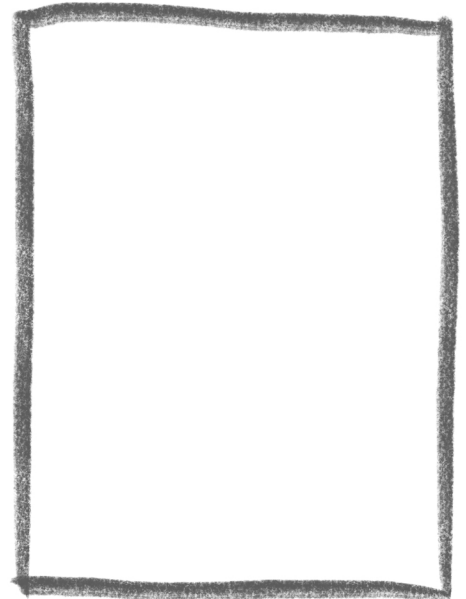
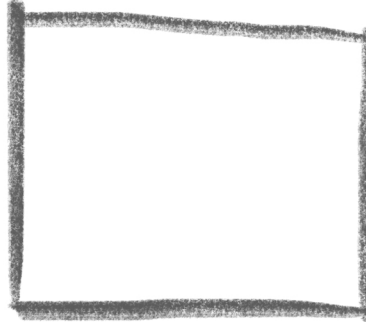
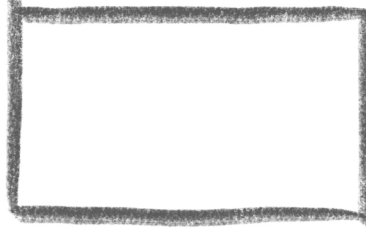
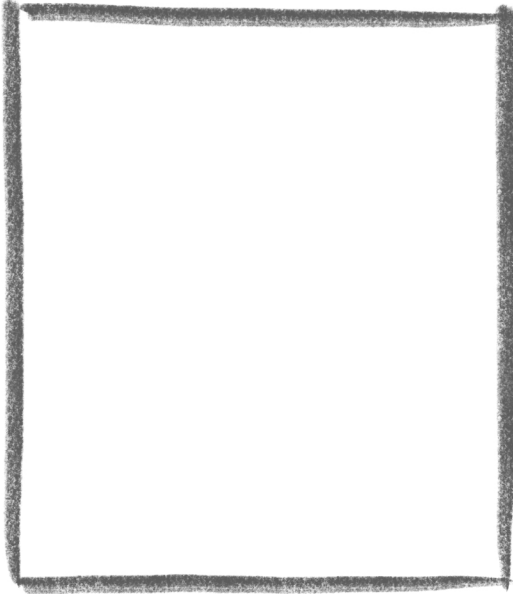
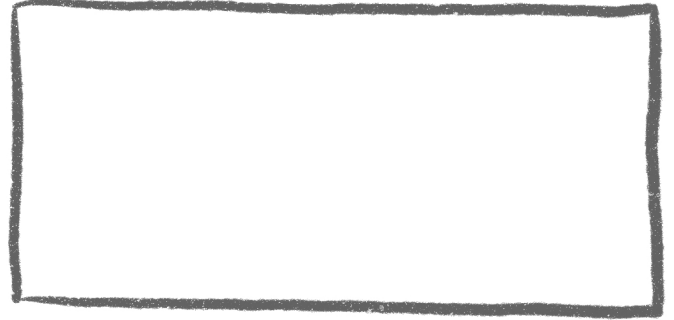
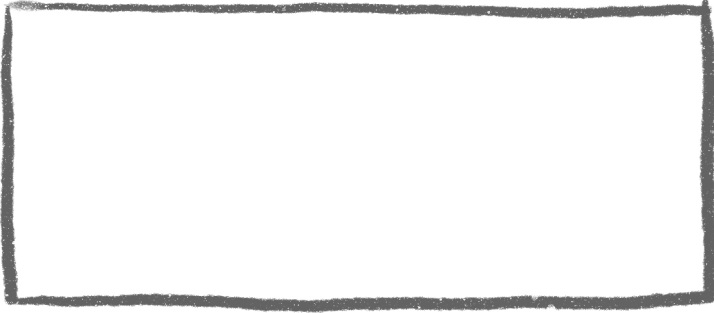
Creative Connetion

An opportunity to take your creative therapy further.

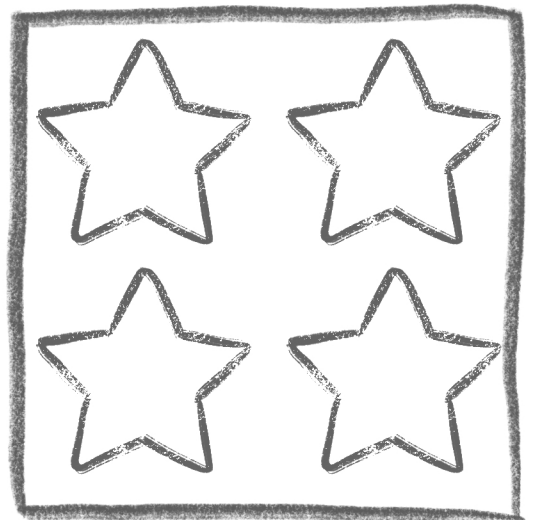
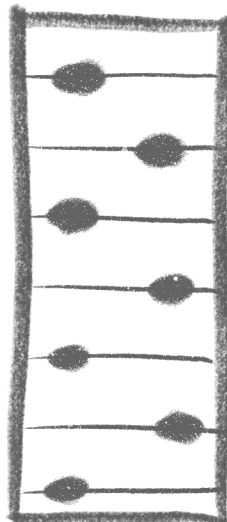
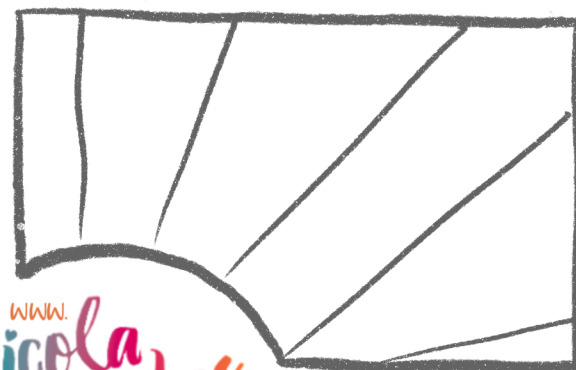
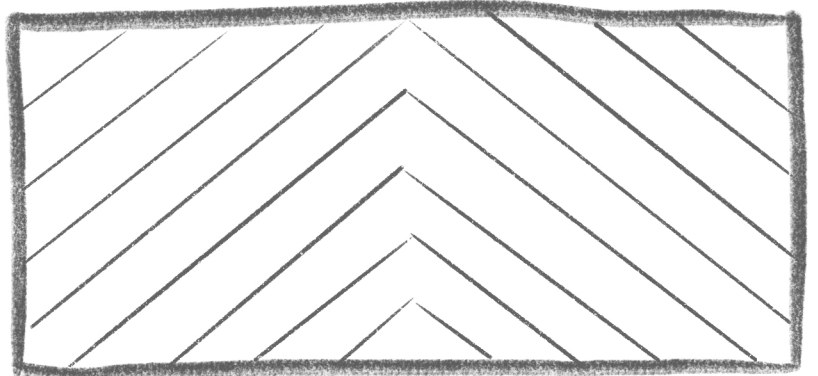
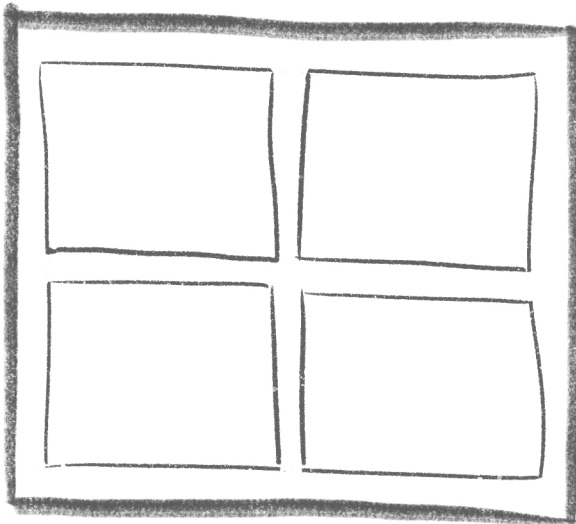
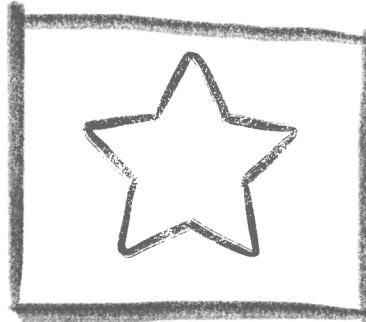
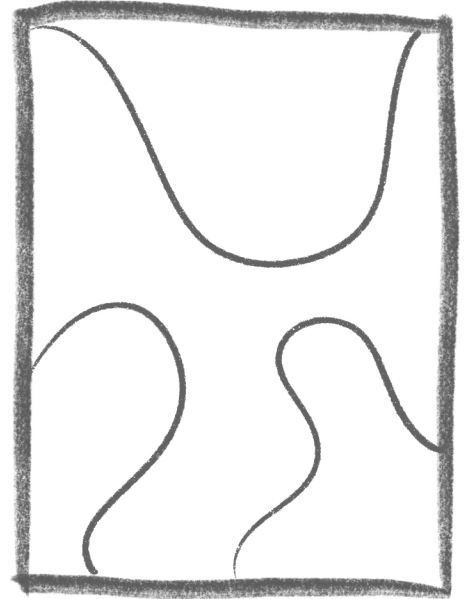
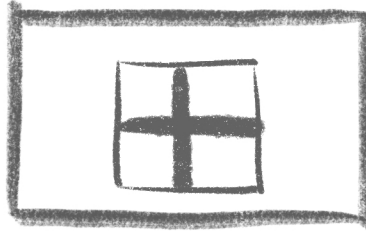
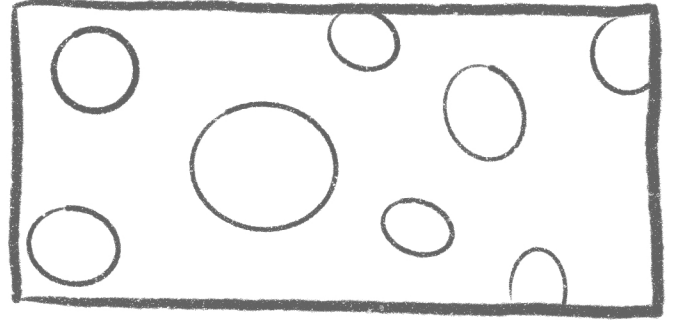
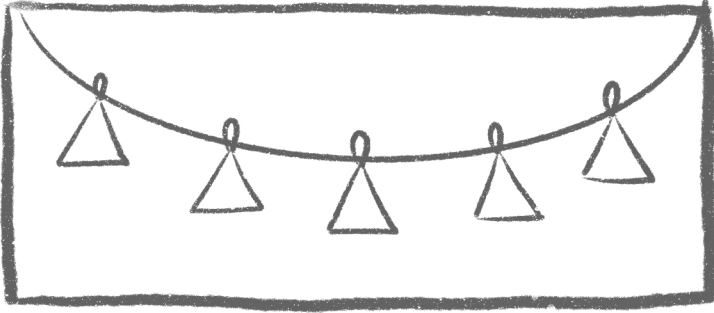
1. Look at your work and write down 5 feeling words that come to mind, let each word flow from one to the next.
2. Write a short poem about the image you have drawn. You can do this by writing 3 short sentences.
3. Spend some time reflecting or journaling on what you have created.



Windows of Wonder




Windows of Wonder

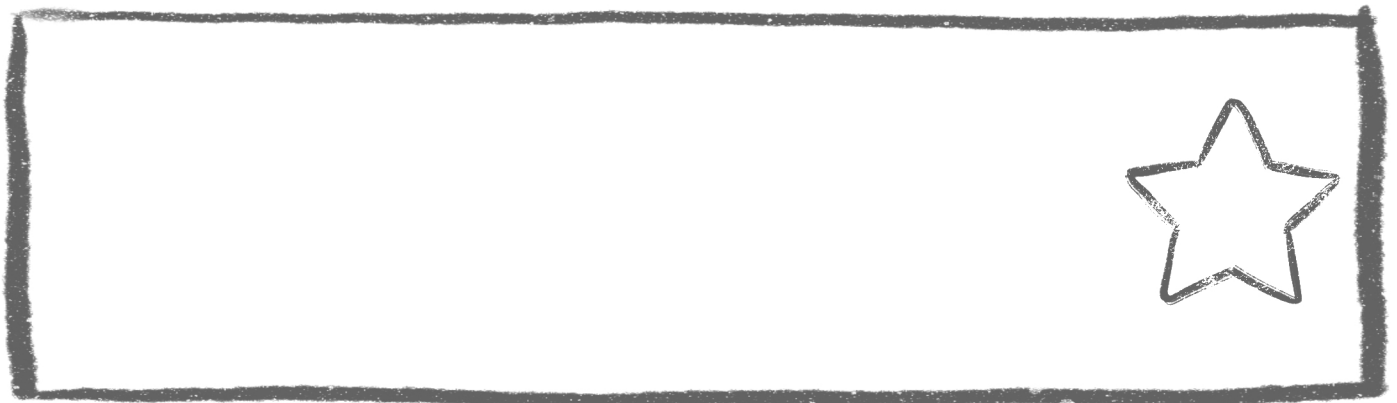


My Christmas Promises to Myself

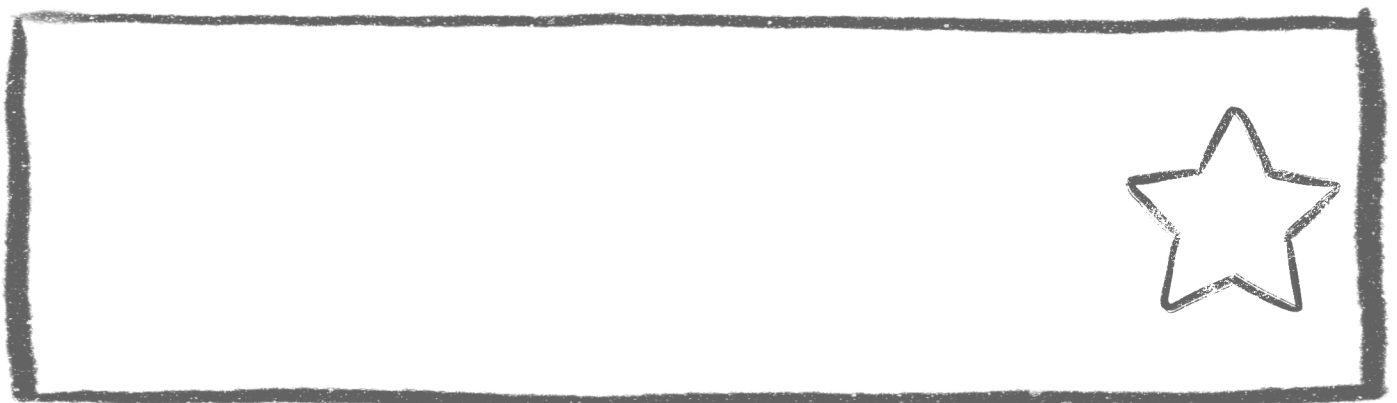
What Christmas means to me



What I hope for this Christmas



Changes I need to make



ABOUT ME.

I'm a creative counsellor, outdoor therapist, supervisor and creator of helpful resources.

I love helping people turn their chaos into calm



If you'd like to work with me please get in touch for counselling, therapeutic ADHD coaching, couples counselling and SEN parents support



CREATIVE VISION DAY

If you'd like to be part of the next Creative Vision Day then head over to my website for more information.

<https://www.nicolahughes.co.uk/creative-vision-day>